

Spunky Vegetable Pizza

Makes: 8 servings

Ingredients

3/4 cup pizza sauce

1 Italian pizza shell (large)

1 cup broccoli (chopped)

1 cup carrot (shredded)

1/2 cup bell pepper (red or green, sliced)

5 ounces mozzarella cheese (lowfat, shredded)

Directions

1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Source: California 5 A Day, It's So EasyContra Costa Health Services

Nutrition Information

Nutrients	Amount
Calories	100
Total Fat	5 g
Saturated Fat	3 g
Cholesterol	10 mg
Sodium	210 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	